



MEDIA RELEASE

STATE OF TENNESSEE
DEPARTMENT OF MENTAL HEALTH &
DEVELOPMENTAL DISABILITIES

FOR IMMEDIATE RELEASE
September 10, 2007

CONTACT: Jill M. Hudson
615-532-6597 (OFFICE)
615-305-7661 (CELL)

September is National Alcohol and Drug Addiction Recovery Month

Nashville—September is National Alcohol and Drug Addiction Recovery month, and the Tennessee Department of Mental Health and Developmental Disabilities would like to recognize all Tennesseans who are currently in recovery and those who are working toward recovery due to past drug and alcohol abuse. With proper treatment and supports, recovery is definitely possible for all persons facing the illness of drug and alcohol abuse.

"Alcohol and drug use disorders have devastating health and societal consequences, and our community is certainly not immune to these problems," said TDMHDD Commissioner Virginia Trotter Betts. "This month provides an opportunity to highlight the benefits of treatment and encourage people with drug and alcohol abuse issues to begin their journey of recovery."

The Recovery Month 2007 theme, "Saving Lives, Saving Dollars" encourages communities to support activities to enhance prevention and treatment of substance abuse and to improve local residents' access to recovery. Recovery Month celebrates the successes of people in recovery and acknowledges men and women in the treatment field who dedicate their lives to helping people with alcohol and drug use disorders.

Sponsored by TDMHDD and the A&D Council of Middle Tennessee, "Hands up for Recovery" is an event supported by the Substance Abuse and Mental Health Services Administration. On Wednesday, September 12, beginning at 10:30 AM at Centennial Park in Nashville, individuals in recovery encouraged to leave their painted handprint on a portable wall. Under the handprint, they may write their first name and their sobriety birth date as well as something that defines their life other than their addiction.

Please visit www.recoverymonth.gov for information on the National Alcohol and Drug Addiction Recovery Month. For additional resources and mental health and substance abuse information, please contact TDMHDD's Office of Public Information and Education at (615) 253-4812 or visit www.state.tn.us/mental.

###